



Working Together to Increase the Availability & Quality of Afterschool Opportunities Statewide

March 2008 E-news

There are many fun and exciting things that happen in March! Celebrating St. Patrick's Day and Easter can be a great way to actively engage the youth in your program. For fun activities and ideas please visit <http://familyfun.go.com/#/>.

This newsletter is created as a resource for you! If you have suggestions or ideas for the newsletter, please email [Amber](#)!

RESOURCES

Community Afterschool Forums

Billings region: Contact Kristin Lundgren at 406.252.3839 x13 for information on BOOST and their meetings and events.

Havre region: Contact [Tim Brurud](#) at the Boys & Girls Club of the Hi-Line for information about the next afterschool meeting.

Helena region: Helena Out of School Time meets the 2nd Wednesday of each month at the Helena Middle School Youth Connections Conference Room 202. Contact [Sandi Smith](#) at OPI for more information.

Kalispell region: Mission Valley Regional After School Program Network has had monthly meetings in Polson. For more information contact [Jenaya Webster](#).

Missoula region: The Youth Development Network is meeting the 3rd Tuesday of every month. Students, educators, and community members are encouraged to get involved! For more information contact [Ellie Greenwood](#) by email or call 406.258.4965.

Other meeting or training dates to share? Email [Amber](#) with the details!

CATCH Health Program

Coordinated Approach to Child Health is a program used to promote health, exercise, and smoking prevention. It is an evidence based program and is the largest "school-based health promotion study in the US." For more information on CATCH please visit <http://www.catchinfo.org/>.

Fun Nutrition Posters...and they're Free!

Show kids just how fun being healthy can be! The U.S. Food and Drug Administration is offering bright and colorful posters that show visual information on the nutritional value of various foods. To download and print your free poster, visit <http://www.cfsan.fda.gov/~dms/nutinfo.html>.

Visit the National Zoo Without Even Traveling!

The Smithsonian's National Zoo in Washington D.C. is giving groups a way to interact with animals without ever having to leave the classroom. AnimalCams are available on their website for round the clock viewing of animals from Elephants to exotic Amazon River life. The website also offers interesting and fun fact sheets, pictures, and other great information. To share the cams with the children in your program please visit <http://nationalzoo.si.edu/Animals/WebCams/>.

Global Youth Service Day

Youth Service America and Global Youth Action Network have created Global Youth Service Day, April 25-27, to honor the work kids in after school programs do to better their communities. The days offer a chance for children across the globe to come together. If the children in your group volunteer or want to get involved please visit <http://www.gysd.net/involve/> for more information.

Meet Flat Stanley!

Flat Stanley is a book written by Jeff Brown that has inspired the Flat Stanley Project. The project has children create their own paper version of Flat Stanley and then can send him on their own creative journey and then keep a journal of his travels. Children can take Flat Stanley anywhere! Flat Stanley's can also be swapped with other groups involved in the project around the country. The project encourages literacy, social interaction, and world knowledge. For more information on the book and the project please visit <http://www.flatstanley.com/>.

FUNDING

Summer Food Service Program

Deadline: April 28, 2008 for previous sponsors and May 19, 2008 for new sponsors (reminder)

The SFSP is designed to provide nutritious meals to children in their summer programs, when the National School Lunch and Breakfast meals are not available. If you believe your program is eligible please visit the OPI School Nutrition Program website at

www.opi.mt.gov/schoolfood/index.html and click on "Summer Food Service Program."

Student Drug Testing Grant

Deadline: March 21, 2008 (reminder)

The Office of National Drug Control Policy (ONDCP) is offering \$5.8 million divided among 38 grants to schools and programs for random and voluntary student drug testing for 6-12th graders. Random tests will be targeted to students involved in extra curricular activities. For more information visit the Department of Education's website at www.ed.gov.

Mentor International Prevention Award

Deadline: March 31, 2008

Three awards of \$31,000 will be made to programs that have been involved in drug prevention for at least 3 years. Successful applicants will receive the award in France on June 28. For more information please visit <http://www.jointogether.org/news/funding/opportunities/2008/mentor-international.htm>.

21st Century After School Grants

Released: March 3, 2008

The Office of Public Instruction has announced the release of the applications for the 21st Century After School Grants as of March 3. The grants are available to programs and schools. Eligibility requirements ask that a program has 40% of its participants receiving free or reduced price meals. For more information please visit <http://www.opi.mt.gov/21Cent/index.html>.

RESEARCH

Exercise Promotes Learning!

According to a recent article in February 13, 2008 edition of **Education Week** entitle *Priming Pump for Student's Academic Strides* by Debra Viadero, exercise pushes the brain to be able to learn quickly and more efficient than without exercise. It is even stated in the article that the more exercise that children get, the greater impact it has on their learning abilities.

Inclusion Games

In *Adapted Games & Activities* by Pattie Rouse, providers can learn ways to incorporate games into their program that enhance for children with intellectual disabilities, while also keeping the children active. These games can also teach children to take turns and to have respect for

others. Several strategies to using these games are also given. For more information on this publication please visit

<http://www.schoolagenotes.com/store/Product.asp?pid=289>.

Children in Poverty has Increased

According to a fact sheet entitled "Who Are America's Poor Children? The Official Story," by the National Center for Children in Poverty, there are 1.2 million more children living in poverty today than in the year 2000. These tragic facts cover all areas of the country and give information on different ethnicities, working classes, etc. To view the fact sheet or to get more information on American children in poverty visit www.nccp.org.

TRAINING

Montana Afterschool Network Conference

Send us your stories and photos! Please send your stories and photos demonstrating how your program has successfully affected youth. All submissions will be presented at the Recognition Dinner on April 10. The Eighth Annual Montana Afterschool Network Conference will take place April 10-11, 2008 at the Colonial Inn in Helena, MT. There will be eighteen approved training workshops and many opportunities for networking. Registration forms are available online at www.mtafterschool.org or contact [Amber Henwood](#) at 406.443.4552 or by email for more information on attending or to submit stories.

Montana Tobacco Prevention

Rene Hicks and Dr. Jeffrey Wigand will present at the Tobacco Prevention Conference at the Hilton Garden Inn in Bozeman on May 7-8, 2008. The theme this is "Taking Smokefree Montana to Heart." To book you spot please call the Hilton Garden Inn at 406.582.9900.

Supporting Rural Families

Centers for Medicare and Medicaid Services and DHHS New Freedom Initiative are having a satellite broadcast for "Supporting Rural Families Caregivers" on March 29, 2008. The broadcast will discuss the challenges caregivers face in providing for families in rural areas. For more information please visit <http://registration.casals.com/cms/>.

KIT's 4th Annual National Conference on Inclusion

The 4th Annual National Conference on Inclusion will take place April 2-4, 2008 at the Mission Valley Marriot in San Diego, CA. There will be over 25 workshops presented by experts on inclusion with Keynote Dan Habib, maker of *Including Samuel*. Some topics include ADHD, inclusive policies

and procedures, and universal program design. For more information please visit www.kitconference.org or call 858.225.5680.